



COVID SECURE RISK ASSESSMENT FORM

Event: Classes & Privates	Assessor(s): Zoisa Holder	Date: 26 th November 2020
Location: Wells & Somerton Studio	Signature(s): Zoisa Holder	Date for Review: 27 th December 2020

Tier 1 – Medium Alert: Group class, 121, 221s. Tier 2 – High Alert: Group class, 121, 221s. Tier 3 Very High Alert: 121 & 221 only

Hazard	Who is at Risk?	What could happen?	Existing Controls	Additional Controls Required	Risk Rating		
					By whom? By when?	L ¹	C ²
Studio flooring – wood floor	Class participants and teacher	Pass infection between classes	Currently cleaned once per day	Ensure classes have 15-minute gap between them. Floor to be cleaned with mop after each class by exiting teacher. Barbacide used to clean the floor.	1	4	4
Entrance and exit	Class participants	Non-compliance with social distancing chance of cross infection	Class currently enter and exit through one door.	Hand sanitizer available by first entrance, by toilets and door to waiting area and studio door to be propped open to avoid clients handling doors. Where social distancing is not possible face coverings are advised. All clients hands are to be washed or sanitized before entering the studio.	1	4	4
Mats and equipment	Class participants	Cross infection	Studio mats cleaned once per day	All class participants to bring own mats, bands and balls. Participants can borrow equipment made of material that can be sanitized. Each participant is to sanitize their hands and before class and equipment used after use. Cloths and clearing solutions to be available and a covered basket for used cloths.	1	4	4
Class timings	Class participants	Non-compliance with social distancing chance of cross infection	Classes cross with each other and mix during arrival and parting.	Classes all to be scheduled with 15 minutes gap between timings. All class participants asked to come up to the studio directly before their class time and all leaving class members asked to leave promptly on completion of the class.	1	4	4



Hand washing	Teacher and class participants	Touching and passing of infection	None	Hand sanitizers are located at all entrances, toilets, in the studio and waiting. All participants to sanitize or wash their hands on entry and exit of the class and during the class if touching each other or equipment.	1	4	4
Class size	Teacher and class participants	Non-compliance with social distancing chance of cross infection	No controls, currently studio class maximum is 12 people.	Comply with UK Active guidance and reduce class numbers. Over 6 people allowed, dependent on venue size & ability to keep the required social distancing rules with no mixing in class. Somerton 3 max with no mixing. This can be reduced if Covid is no longer an active concern in the UK.	1	4	4
Door openings	Class participants and teacher	Passing of infection	No Controls	Where possible studio and waiting room doors are to be opened to allow participants to enter without touching surfaces. Door handles to be sanitized after every class.	1	4	4
Lighting, electric points, windows and common touch points	Teacher	Passing of infection	No controls	Window handles, light and electric switches and common touch points are to be sanitized with disinfectant solution and clean cloths provided by the teacher at the end of a class. Dirty cloths stored in closed container	1	4	4
Teacher distancing	Teacher and class participants	Non-compliance with social distancing chance of cross infection	No controls	Teacher to remain 2ms distance at all times from any class members. Visors and masks are to be worn if required when the teacher is not able to maintain social distancing.	1	4	4
Indoor Studio	Teacher and participants	Non-compliance with social distancing chance of cross infection	No controls	Studio to be ventilated, to ensure flow of fresh air. Indoor windows open permanently for air to circulate, outdoor window opened for classes and doors ajar where possible,	1	4	4

Likelihood of Occurrence¹ 1. Negligible chance 2. Little chance but could happen 3. May happen 4. Likely to happen 5. Almost inevitable	Likely Consequences² 1. Slight (cuts and bruises) 2. Minor injury (under 3 day injury) 3. Major injury (RIDDOR) 4. Fatality 5. Several fatalities	Risk Rating R³ = L x C Key 1-4 Acceptable risk 5-12 Additional controls required 13-18 Urgent attention required 18-25 Unacceptable risk – cease activity
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Event: Restorative Treatments	Assessor(s): Zoisa Holder	Date: 26 th November 2020
Location: Wells & Somerton Studio	Signature(s): Zoisa Holder	Date for Review: 27 th December 2020

Tier 1 – Medium Alert: Treatments available. Tier 2 – High Alert: Treatment available. Tier 3 Very High Alert: Treatment available

Hazard	Who is at Risk?	What could happen?	Existing Controls	Additional Controls Required	Risk Rating		
					By whom? By when?	L ¹	C ²
Studio flooring – carpet	Therapist and clients	Pass infection between clients	Currently vacuumed once per day	Ensure that sessions have 15-minute gap between them. Compliance with guidelines to ensure space is ventilated.	1	4	4
Entrance and exit	Therapist and clients	Non-compliance with social distancing chance of cross infection	Currently enter and exit through one door	Hand sanitizer available by first entrance, by toilets and door to waiting area and in treatment. Therapist to open and close doors upon clients entry and exit. All clients hands are to be washed or sanitized before entering the treatment room.	1	4	4
Couch and equipment	Therapist and clients	Cross infection	Couch to be cleaned after each client. New towels each session	Participants can bring own towels. Cloths and cleaning solutions to be available and a covered basket for used cloths.	1	4	4
Session timings	Clients	Non-compliance with social distancing chance of cross infection	Clients waiting in the waiting area and cross with each other during arrival and departing.	Sessions to be scheduled with 15 minutes gap between timings. All class participants asked to come up to the studio directly before their class time and all leaving class members asked to leave promptly.	1	4	4
Hand washing	Teacher and clients	Touching and passing of infection	None	Hand sanitizers are located at all entrances, toilets, in the studio and waiting. All participants to sanitize or wash their hands on entry and exit of the treatment.	1	4	4
Treatment Contact	Therapist	Close contact	No controls	Comply with UK Active guidance and professional body. Therapist to wear mask	1	4	4



				and visors during close contact. Client to wear mask if face up during treatment.			
Door openings	Therapist and client	Passing of infection	No Controls	Where possible studio and waiting room doors are to be opened to allow participants to enter without touching surfaces. Door handles to be sanitized after every session.	1	4	4
Lighting, electric points, windows and common touch points	Therapist	Passing of infection	No controls	Window handles, light and electric switches and common touch points are to be sanitized with disinfectant solution and clean cloths provided by the teacher at the end of a class. Dirty cloths stored in closed container	1	4	4
Therapist distancing	Therapist and client	Non-compliance with social distancing chance of cross infection	No controls	Therapist to maintain social distance guidelines where possible. PPE for treatment to be worn in accordance with guidelines or session carried out via zoom or wait till guidelines have changed.	1	4	4
Indoor Treatment	Therapist and client	Non-compliance with social distancing chance of cross infection	No controls	Treatment room to be ventilated, to ensure flow of fresh air.	1	4	4
National Lockdown	Therapist and client	Passing of infection	PPE compliance	Treatments only carried out identified mental, physical health condition or injury that is causing pain or having an adverse impact on their mobility or their quality of life. Notes to be kept of the session.	1	4	4

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